

440:059 – CHAMPS Life Skills
Fall 2008: T/Th 10:00 – 10:50
SEC 252 T/Th 11:00 – 11:50

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Course Description: This course is based on the National Collegiate Athletic Association's CHAMPS Life Skills program and is designed to assist freshmen student-athletes at the University of Northern Iowa in exploring and developing skills for success in the classroom and in life. Students will be presented with current, relevant information and strategies to foster development of these skills.

Course Objectives: By the end of this course, students should be able to:

1. Develop or strengthen critical thinking and communication skills through the exchange of ideas and personal experiences.
2. Develop strategies for academic success and discipline incorporating time and stress management techniques.
3. Apply effective strategies for note taking and reading textbooks.
4. Apply effective strategies to prepare for and take exams.
5. Develop or strengthen an appreciation for diversity and a multi-cultural perspective.
6. Understand the rights, responsibilities, attitudes and choices in regards to personal health, relationships, sexual responsibility, and drug & alcohol use.
7. Understand the University of Northern Iowa student conduct code as well as expectations of the University and the Athletics Department regarding behavior.
8. Understand the NCAA academic eligibility requirements and develop a proactive plan to meet those requirements.
9. Develop or strengthen a sense of self and the ability to establish academic and personal goals.
10. Identify resources available to them through the university and the community.
11. Understand the University of Northern Iowa's sexual assault and misconduct policy.
12. Understand the University of Northern Iowa's academic ethics policy.

Required Course Text:

Petrie, Trent & Denson, Eric. (2003). A Student-Athlete's Guide to College Success: Peak Performance in Class and Life. Belmont, CA: Wadsworth Publishing Company.

Required Materials:

First Year Student Handbook
2006-2008 University of Northern Iowa Programs and Courses Catalog
2008 Fall Schedule of Classes
Panther Planner (or another type of planner/calendar)
3 Ring Binder, Pens, Paper

Course Evaluation:

1. Exams: Students will take and successfully pass 4 scheduled exams. Exams are based on in class guest lectures, readings from the course text and additional resource materials handed out in class. (Each exam is worth 100 pts.)
2. Reaction Papers: Students will complete 4 reaction papers following certain presentations. The purpose of these papers is to explain your reaction to a particular topic covered in class and how it relates to you. Each paper must be 1 page in length. (Each reaction paper is worth 30 pts.)
3. Journal Assignments: Students will complete 3 journal assignments following certain presentations. The purpose of these journal entries is to analyze the material presented, apply principles to your own life/situation and reflect on how the application of certain techniques can help improve areas of life. (Each journal assignment is worth 25 pts.)
4. Resource Binder Project: Students will create a resource binder with distinct sections for each of the topics covered in class. Each section is to include any hand outs and notes from that presentation. (Binders are worth 100 pts.)

Assignment Policy: All assignments should be handed in at the beginning of the class period in which they are due as indicated on the class schedule. Late assignments will have 5 points deducted for each day they are late.

Participation and Attendance: All student's are expected to read all assigned material before class, come prepared for discussion, and have questions ready that may need further clarification. Students must actively participate in class and during small group activities. Students are expected to be respectful of their classmates and lecturers. Tardiness and unexcused absences are unacceptable and will result in the deduction of points. An unexcused absence or arriving late for class will result in the deduction of 10 points for the first 2 misses. After that, 25 points per absence/tardy will be deducted. If a student is tardy 2 times and/or has 1 unexcused absence, the respective coach will be contacted for a follow up meeting with the student and the Academic Advisor for Athletics. (Attendance & Participation are worth a combined 235 pts.)

Final Grade: The number of points earned divided by the total possible points multiplied by 100 equals your final numerical score. These scores will then be converted into the corresponding letter grade.

A 94-100	B+ 87-89	B- 80-83	C 74-76	D+ 65-69	F 59 or below
A- 90-93	B 84-86	C+ 77-79	C- 70-73	D 60-64	

Academic Honesty: "Students at the University of Northern Iowa are required to observe the commonly accepted standards of academic honesty and integrity."(2006-2008 University Catalog). Pages 43-44 of the UNI Catalog outline the academic ethics policies of the University. Students in this course are expected to do their own work throughout the semester. If a student is found to be in violation of this policy they will be reported to the appropriate university officials.

Students with Disabilities: Any student in this class who has a disability that may prevent his/her full demonstration of ability should contact the instructor before the end of the second week of classes so that discussion can be held regarding the necessary accommodations to ensure full participation and facilitate individual educational opportunities. Students with disabilities who require assistance will need to contact the Office of Disability Services located at 103 Student Health Center. Jill Smith, Director of Disability Services, can be reached at 273-2676 or disabilityservices@uni.edu.

Course Schedule by Day:

Day	Topic /Guest Speaker	Reading/Assignment Due
Aug. 26 th	Course Overview/ Course Expectations/Syllabus	
Aug. 28 th	University Resources Overview/ First Year Student Handbook	Read pages 2-9, 24, 40-41, 44-45 in the First Year Student Handbook
Sept. 2 nd	Non-Verbal Communication * <i>Nikki Pauli</i> - Counseling Center	Read Communication Handout Journal #1 Due
Sept. 4 th	Health and Performance Part 1: Drug and Alcohol Awareness * <i>Mark Rowe</i> – Substance Abuse Coordinator	Read Chapter 11
Sept. 9 th	Choosing a Major/ Career * <i>Dave Marchesani</i> - Advising Services	Read Chapter 13 Personality Mosaic due
Sept. 11 th	Time Management * <i>Nikki Pauli</i> – Counseling Center	Read Chapter 8
Sept. 16 th	Health and Performance Part 2: STD's * <i>Joan Thompson</i> –UNI Health Education Coordinator	Review Chapter 11 Read STD brochure Reaction Paper # 1 Due
Sept. 18 th	Learning to Learn Part I Multiple Intelligence & Learning Styles	Read Chapter 2 Complete Learning Style Evaluation
Sept. 23 rd	Violence Prevention Part I Dr. Harry Brod – Professor of Philosophy	Reaction Paper # 2 Due
Sept. 25 th	Exam # 1	
Sept. 30 th	Violence Prevention Part II Dr. Michael Flemming – Professor	
Oct. 2 nd	UNI Student Conduct Expectations * <i>Jon Buse</i> – Dean of Students * <i>David Zarifis</i> –Director of Public Safety	Read the UNI Code of Conduct
Oct. 7 th	Plagiarism –What is it and how can I avoid it?? * <i>Dr. Deanne Gute</i> – Director, Writing Center	Read Plagiarism Handouts
Oct. 9 th	Liberal Arts Core Registration Information Athletic Department Expectations * <i>Troy Dannen</i> – UNI Athletics Director	Review Liberal Arts Core Requirements Bring a copy of your degree audit
Oct. 14 th	Health and Performance Part 3: Nutrition * <i>Joan Thompson</i> – UNI Health Education Coordinator	Review Chapter 11 Journal # 2 Due (Food Journal)
Oct. 16 th	Diversity Awareness – Accepting & Appreciating Differences * <i>Dr. Michael Blackwell</i> –Director, UNI Center for Multicultural Education	Read Chapter 10
Oct. 21 st	Diversity Awareness – Accepting & Appreciating Differences Part II * <i>Dr. Michael Blackwell</i> –Director, UNI Center for Multicultural Education	Read Chapter 10
Oct. 23 rd	Goal Setting & Motivation * <i>Heather Woody</i> – President, Heather Woody Unlimited, Inc	Read Chapters 7 & 9
Oct. 28 th	Exam # 2	
Oct. 30 th	Memory and Concentration * <i>Nikki Pauli</i> - Counseling Center	Read Chapter 3
Nov. 4 th	Stress and Coping * <i>Nikki Pauli</i> - Counseling Center	Read Chapter 12 Reaction Paper # 3 Due
Nov. 6 th	Fiscal Responsibility * <i>Katy Hackett</i> – Financial Counselor, Family Management Center	Read Chapter 1 Read “Playbook for Life” booklet
Nov.11 th	Financial Aid * <i>Heather Soesbe & Tim Bakula</i> – UNI Financial Aid Office	Journal # 3 Due

Nov. 13 th	Exam # 3	
Nov. 18 th	NCAA / UNI Compliance <i>Steve Schofield</i> – Assistant Athletic Director /Compliance	Review Student-Athlete Handbook
Nov. 20 th	NCAA Academic Eligibility Regulations Spring Registration Preparation	Read NCAA Eligibility Requirements Reaction Paper # 4 Due
Nov. 25 th	No Class –Thanksgiving Break	
Nov. 27 th	No Class –Thanksgiving Break	
Dec. 2 nd	Reading for Speed and Comprehension <i>*Dr. Karen Agee</i> –Reading & Learning Specialist	Bring CHAMPS text and one additional course text to class
Dec. 4 th	Preparing For & Taking Tests <i>*Dr. Karen Agee</i> –Reading & Learning Specialist Binder Review	Read Chapter 6
Dec. 9 th	Review of NCAA Academic Eligibility Requirements	Bring copy of your spring 2009 schedule Bring degree audit
Dec. 11 th	Binders Due ITTC 007 ** Additional details announced in class	
	Final Exam: date & time TBD	

*****All assignments (reaction papers, journal assignments, etc.) will be explained in class.***

*****Syllabus is subject to change. Any modifications will be announced in class.***